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GOTTA HUSTLE FOR THAT OSCAR

METRO BREAKS DOWN THE BIGGEST WINNERS, LOSERS AND SURPRISES FROM THE NOMINATIONS PAGE 16

Medical faxing fumbles exposed

Report. Sask. privacy watchdog looks at cases of personal health information going to the wrong people

An investigation into systemic privacy breaches in Saskatchewan's health system has found that detailed hormone therapy information of a transgender person was faxed to a school.

The finding is one example in a report by Saskatchewan privacy commissioner Gary Dickson, who looked at situations where health authorities or doctors faxed personal health information to wrong numbers.

Dickson said it's an antiquated way to share information.

"There's information that is faxed that is so sensitive, so obviously sensitive, you sort of say why would any trustee think it's appropriate that this is the way to communicate this information, just because the risks are substantial with faxing," Dickson said at a news conference Thursday.

The breaches in 2012 and 2013 affected about 1,000 patients across the province. Dickson said most involved faxing features on electronic medical records systems — not standalone fax machines.

The commissioner said incorrect or outdated fax numbers were at the root of most of the breaches. He also said many of the misdirected faxes reflected inadequacies in policy, procedure and training.

A similar report was done in 2010 after several health information privacy breaches were found.

Dickson made recommendations at that time to fix the problems, but now says his optimism that changes would be made "may have been misplaced." Some health officials in the latest investigation told him they had never heard about the 2010 report, he said.

Dickson suggested the Health Ministry needs to provide a comprehensive manual, similar to one in Alberta, to help health professionals understand and follow health privacy legislation.

Phase-out

"There are certainly risks associated with faxing and eHealth is working, but it will take some time ... to eliminate faxing as the methodology of getting results to care providers."

Susan Antosh of eHealth Saskatchewan

The head of the agency responsible for Saskatchewan's electronic health records said she'd like to see an end to faxing personal health information.

Susan Antosh of eHealth Saskatchewan said there needs to be a balance between privacy and the need to get information to people who provide patient care.

"Right now we're not yet in a position where all of the results can be obtained electronically or, secondly, where all of the providers can receive results electronically."

THE CANADIAN PRESS

BRINGING THE DRAMA

Ruth Smillie, CEO and artistic director of the Globe Theatre, stands on Thursday in front of Regina's Prince Edward Building, which the theatre company has purchased and plans to renovate, to create what she calls a downtown "jewel." Story, page 3. ROSS ROMANIUK/METRO

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Theatre makes dramatic move in Regina's downtown

Carpe diem. Globe Theatre sets its sights high with purchase of historic building

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

Ruth Smillie, CEO and artistic director of the Globe Theatre, speaks to media on Thursday night at the announcement of the purchase and potential renovation of downtown's historic Prince Edward Building. ROSS ROMANIUK/METRO

A local theatre company is going from major tenant to owner of one of Regina's most well-known heritage properties.

The Globe Theatre has purchased the Prince Edward Building downtown for $1.2 million, the performing arts company announced on Thursday.

"We decided to 'seize the day' and invest in a building that is an historic landmark, that is closely tied in the hearts and minds of our patrons and the wider community with Globe Theatre," said Ruth Smillie, CEO and artistic director of the Globe.

"With some tender loving care and capital improvements, (the Prince Edward Building) has the potential to be once again an architectural jewel in Regina's downtown."

Located across 11th Avenue from the Cornwall Centre shopping mall, the stately, four-storey structure has housed the Globe Theatre since 1980.

Built in 1906, the stone-clad edifice — known for its distinct clock tower added in 1912 — was initially used as a post office and previously served as city hall from 1962 to 1975.

By purchasing the Prince Edward, Smillie said, the Globe can consider possible renovations or upgrades to the building on the F.W. Hill Mall.

"Owning our own building enables us to secure the theatre's future in a facility that we are in control of, and from which we are able to derive additional revenue," she said.

"There is now the potential for us to create a theatre facility that meets the needs of all of our stakeholders: subscribers, donors, sponsors, single ticket buyers, artists and staff members."

She stressed that the change in ownership will have no impact on the building's other tenants, including Beer Bros. Gastropub and Deli.

The Globe touts itself as Canada's only permanent theatre-in-the-round, boasting an annual operating budget of $3.5 million.

Moose Jaw firm aims to decrease high community obesity rate with free program

Residents of Moose Jaw are getting in shape with a new free program that seeks to decrease the city's more than 60 per cent obesity rate.

Alliance Wellness and Rehabilitation has partnered with the YMCA to offer a 12-week exercise program to 1,000 participants over the course of two years.

"There are no other programs like this of its kind that we could find," said clinic manager Cara Chow.

"It seems that people in the community are just as excited as us about it."

The program, which started on Tuesday, was hatched after consultations with Moose Jaw health practitioners who identified obesity as their patients' top concern.

Sixty-three per cent of Moose Jaw residents are considered obese or overweight, according to Chow.

"We have a pretty significant obesity rate here, so this is our answer to that," Chow said.

Residents aged 18 to 64 are qualified to take part, if they have a body mass index of at least 30.

Each week for three months, participants will do five group exercise sessions and dietary and behavioural education sessions with registered professionals.

Participants are asked to do the program with a "buddy" who can provide support. Their progress will be observed for 12 weeks after the program ends.

There is no word on whether the initiative would be expanded to other Saskatchewan cities.

"It's a great program and if it's successful, we would also like others to use it," Chow said.

In January 2012, Premier Brad Wall identified obesity as a problem in Saskatchewan. About 56 per cent of Reginans and Saskatonians are considered obese or overweight, according to 2013 Statistics Canada figures.

Wall's government plans to cut Saskatchewan's obesity rate by five per cent by 2022.

SARAH TAGUIAM/METRO

SMEN1

NWL Contemporary Dresses in Regina will be hosting a TRUNK SHOW January 19th to 20th with Pure Magnolia.

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Economy

Financial optimism growing amongst residents in the province, survey finds

A new survey finds that Saskatchewanians are more optimistic about their personal finances and the province's economic stature than they were nearly a decade ago.

Yet, concerns persist as to how the province's large aboriginal community is being integrated into the economic patchwork.

Cam Cooper, principal at the Praxis polling firm, said the results of the 2013 Saskatchewan Outlook survey show a noticeable attitude swing from those of a similar poll commissioned nine years earlier.

"In 2004 … (respondents) thought the province wasn't doing very well, but they felt their household was probably running ahead of the province as a whole," Cooper explained.

"In 2013, they ranked the province (and themselves) strongly positive."

In a reversal of the earlier survey, Cooper said, respondents in 2013 viewed their personal economic situations as positive, but not quite as stellar as that of the province.

The contrast, he noted, might reflect a more assertive spirit taking hold.

More than 76 per cent of respondents, though, said members of the aboriginal community aren't taking their share of jobs and opportunities made possible by Saskatchewan's recent growth.

"The majority felt aboriginals would do better with a higher level of skills and education," Cooper explained.

Respondents hold generally positive views on growth, increased immigration and economic opportunity.

About 78 per cent of respondents said immigrants have added flavour to Saskatchewan, while more than 63 per cent said newcomers take positions that we don't have qualified people to fill.

"Some people have some concerns (about immigration)," Cooper added, "but they're in the minority."

MARCO VIGLIOTTI/METRO

Brothers Norman, left, and Daniel Detillieux are part of a growing youth demographic at the Western Canadian Crop Production Show in Saskatoon. Organizers say they're seeing younger faces than in the past and trade show manager Lori Cates says a thriving industry and new technologies are some of the main reasons that young adults are becoming interested in the agriculture industry.
MORGAN MODJESKI/METRO

A youthful lift for the face of Saskatchewan farming

Changing climate. Technology, thriving farm industry seen as major draws for youth

MORGAN MODJESKI
Metro in Saskatoon

The face of Saskatchewan farming could be getting younger.

Organizers of the Western Canadian Crop Production Show say they've seen more young people at the 2014 event than in the past, and believe it's a result of a changing climate in agriculture.

"Agriculture is thriving in Saskatchewan and family farms are getting larger," said trade show manager Lori Cates, who has been with the Saskatoon event for 10 years.

"We've seen lots of young people pushing strollers and lots of kids this year, so perhaps those young farm guys who went away to Alberta to work a few years ago are now coming back to the family farm."

Emerging technology in the industry is also serving as a draw, Cates said, noting that advancements in traditional practices are bringing the field into the digital age.

"There's so much technology now, with GPS, with automated equipment," she said. "And I think it's much easier for the young people to adapt to those changes."

Younger farmers at the show say they too have noticed the changing face of the industry.

"Over the years, there's more young people starting to get interested in farming and attending shows like this," said 29-year-old Dean Keeler, who works at a farm about 16 kilometres east of the town of Dinsmore.

Others, such as 25-year-old Norman Detillieux who was attending the show with brother Daniel, 27, agrees.

"There's a lot of younger guys and dads with their sons. I think that a lot of sons are going back to the farm too, so that's where the younger crowd is coming from," Norman said.

"Farming in the last five years has been quite well," Daniel Detillieux added.

"A lot more young people are seeing the success on the farm and of agriculture as a whole, so we're seeing more young people stay at the farm."

Sask.-made Star Trek iPad app takes off

A Saskatchewan government agency appears to want a homegrown iPad application to live long and prosper.

Creative Saskatchewan has awarded a $14,755 grant to Shiverware, developers of the Star Trek Vulcan Harp app created by a Regina-based technology company.

The funding will be used to promote the app at conventions in the United States, said Katherine Kelly, who handles marketing for the project.

"We're planning on going to Comic Con, and we're planning on going to the Las Vegas Star Trek convention," Kelly told Metro on Thursday.

"The money that we've received from Creative Saskatchewan will be applied to be able to travel, rent a booth, set up and demonstrate the app."

A self-professed trekker, Kelly contacted Shiverware about developing an app that would operate as a virtual string instrument replicating the Vulcan harp featured on the iconic 1960s science-fiction television series.

The app, she said, offers a readily available electronic version to meet demand from the show's famously rabid fan base.

"What sets this app apart from the other musical apps we've built is the application's pure beauty and fan following," said Brett Park, Shiverware's lead developer.

"We hope Trekkers will love it, but musicians will also get a kick out of it."

Shiverware has received permission from CBS Interactive, which holds the rights to Star Trek properties, to use the series name in branding the app.

"There have been other apps that people have done where they have not gone through the official channels … to get their apps licensed," Kelly pointed out, "and they've been quickly pulled from the App Store."

Shiverware lead developer Brett Park. MARCO VIGLIOTTI/METRO

The application went on sale on the online App Store on Dec. 5.

MARCO VIGLIOTTI/METRO

China. Dense smog hovers over Beijing as pollution spikes to dangerous levels

Beijing's skyscrapers receded into a dense grey smog Thursday as the capital saw the season's first wave of extremely dangerous pollution, with the concentration of toxic small particles registering more than two dozen times the level considered safe.

The air took on an acrid odour, and many of the city's commuters wore industrial-strength face masks as they hurried to work.

"I couldn't see the tall buildings across the street this morning," said a traffic co-ordinator at a Beijing intersection who gave only his surname, Zhang.

Beijing authorities said the haze on Thursday had reduced the visibility to several hundred metres and that the severe pollution was likely to continue through Friday.

THE ASSOCIATED PRESS

Nunavut

Inquest called over record suicide year

Nunavut's chief coroner is calling a special inquiry in response to a record number of suicides in the territory last year.

Padma Suramala says 45 people killed themselves in 2013, making Nunavut's suicide rate 13 and a half times higher than the national average — a figure she calls terribly disheartening. THE CANADIAN PRESS

Liberal policy

Trudeau wary of legal prostitution

Justin Trudeau isn't endorsing a proposal to legalize prostitution, saying it's one of many resolutions to be debated at the party's national policy convention in Montreal next month.

Trudeau says he looks forward to the debate, but appears to be signalling his own views against legalization, arguing prostitution is a form of violence against women. THE CANADIAN PRESS

Cybercrime

RCMP boss: Feds not doing enough

The RCMP commissioner has warned Public Safety Minister Steven Blaney the government must do more to fight cybercrime.

In a letter, commissioner Bob Paulson argues the government needs to focus more on providing the public with information and strengthening law-enforcement. THE CANADIAN PRESS

Winnipeg

Woman stabbed by car thief: Police

A Winnipeg woman and her child weren't seriously hurt after a thief stabbed the woman and stole her vehicle Wednesday.

Police said while the woman, 30, was clearing snow off her car, a man demanded her keys. She refused, so the man stabbed her leg and took her keys. The woman managed to get her child out of the vehicle before the thief drove off.

METRO IN WINNIPEG

Trudeau admits $840 in bad expense claims

Administrative errors?
Expenses were incurred while Liberal leader was working as paid public speaker; he says money has been fully repaid

In the midst of the Senate expenses scandal, Justin Trudeau has fessed up to some expense claim transgressions of his own.

The Liberal leader disclosed Thursday that he wrongly claimed $840 in MP travel and living expenses incurred while he was actually moonlighting as a paid public speaker.

He called them administrative errors and said he fully repaid the money as soon as he was made aware of the problem.

Conservative and NDP rivals pounced on the admission, accusing Trudeau of being little better than the senators who are under RCMP investigation for making allegedly fraudulent expense claims.

But Trudeau insisted his public disclosure and swift action to remedy the mistake shows he's setting a new standard of transparency.

"I am now explaining that to Canadians because one of the most important things about my approach in politics has been creating a level of accountability, of transparency, of openness, of honesty that means admitting when mistakes were made, taking responsibility for them and fixing them in an open manner that hopefully will continue to restore Canadians' trust in our political system," he said during an appearance with a provincial Liberal byelection candidate in Thornhill, Ont.

THE CANADIAN PRESS

Liberal Leader Justin Trudeau greets people after introducing Liberal byelection candidate Sandra Yeung Racco in Thornhill, Ont., on Thursday.

NATHAN DENETTE/THE CANADIAN PRESS

Family of jailed Canadian journalist arrives in Cairo

The parents of an imprisoned Egyptian-Canadian journalist arrived in Cairo Thursday as local prosecutors interrogated their son on suspicions of broadcasting false news that harmed national security.

Mohamed Fahmy's family insisted there was no truth to the allegations against the 40-year-old, who is spending his third week languishing in a cold, dark, insect-ridden cell at an infamous prison which houses some of Egypt's most notorious criminals.

"The accusation about him fabricating news … I'm pretty sure that this accusation is not about Mohamed," Fahmy's younger brother, Sherif, said from Kuwait.

Fahmy, along with Australian correspondent Peter Greste and Egyptian producer Baher Mohamed, was working for Al-Jazeera English when they were arrested Dec. 29. Authorities apprehended them in a Cairo hotel room where they had been working after the government raided the offices of the Qatar-based news broadcaster.

Egypt's Interior Ministry had said the arrests were part of a crackdown on the Muslim Brotherhood, which the government branded a terrorist organization after overthrowing Islamist President Mohammed Morsi in a coup in July.

The family is now hoping Fahmy's parents, who flew to Cairo from Montreal, will be allowed to see their son.

"We're pushing hard for them to be able to see Mohamed within the next couple of days — he requested that, so we're hoping it will happen soon," Fahmy's brother said. THE CANADIAN PRESS

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YOUR HEALTH

President's own story: 15 years ago I started to have arthritis, prostate, kidney, snoring and sleep apnea problems, which were all helped quickly with natural health products. I made it my life's purpose to help others. ***Nick A. Jerch***

#1

ARTHRITIS

NPN 80042283 Helps to relieve joint pain associated with osteoarthritis.

Truthful actual experiences from real people:

■ **For 40 years I had injections and drugs and finally Bell Shark Cartilage #1** spared me the endless torture I suffered day and night. Pat Laughlin, Coldwater, ON ■ **My hip is 95% pain free.** Pain killing drugs mask and Bell Shark Cartilage heals. Rebecca Hite, Oroville, CA ■ **I tried another brand and pain came back.** 2 weeks on Bell and pain is gone again. Gert Dupuis, Hanmer, ON ■ **For 32 years I cried barrels of tears.** Was in and out of hospitals costing society tens of thousands of dollars. I have taken many thousands of pills that nearly killed me. Finally 3 bottles of Bell Shark Cartilage costing less than $100 stopped a lifetime of suffering without side effects. Eleanor Sauson, Shigawake, QC ■ **I suffered for years with sciatica.** I tried everything and finally after taking a specially processed shark cartilage I was pain free in 2 weeks. After this experience I realised I could help many of those 5 million Canadian that suffer every day and night and I started to sell this same type of shark cartilage and helped hundreds of thousands of men and women to have less pain or no pain at all. Nick A. Jerch, President of Bell Lifestyle Products. ■ **Many people on our website write:** "Can walk again for hours";"Can climb stairs without hanging on to railing";"First time in 15 years can sleep at night" **Rheumatoid pain** in joints down 90%, same for my sister…hundreds of testimonials all with full names and towns. Shark bones/cartilage was a previously thrown away by-product of the food industry. No sharks are caught for their cartilage. Don't let any activist confuse you.

High Blood Pressure?

#26

NPN 80040870. To maintain cardiovascular health in adults.

High blood pressure is called the silent killer. If your BP is higher than normal, try to get it down to about 120/80. For many people it is easy to control. If it does not work for you we refund your money. On our website you will find over 50 testimonials with full names and towns from all over USA and Canada. Most of them have listed phone numbers and are happy to talk about the relief they had. No money was paid for testimonials. **Dr. C. Hammoud M.H., Ph.D.** recommends this effective fish peptide blood pressure natural product. So does Dr. Julian Whitaker M.D.

Truthful actual experiences from real people: ■ **I was on 3 blood pressure drugs** that did not work well. After starting Bell #26 my readings are generally well below 120/80. *Dona A. Anderson, 76, Sooke, BC* ■ **My blood pressure was 157/90** and I had side effects from prescription drugs. I bought a monitor. After 6 months on Bell #26 I was down to 120/80. *Toni L. McCuistion, 52, Elizabethtown, PA* ■ **Blood pressure went from 170/110 down to 110/70.** Was on three medications that didn't help. Within a month on Bell#26 my BP dropped to 110/70. I thought I didn't need it anymore and the BP went up to 170/110 again. I will now stay on Bell. I am surprised about its effectiveness without side effects. Bell exceeds my expectations. Patrick McManus, 52, Edmonton, AB ■ **At work my driver's medical** test was too high at 170/100. After taking Bell #26 for a few days I went down to 128/84 which allowed me to pass my work medical. *Kris Geier, 48, Windsor, ON.*

#66

Calming Stress

NPN 80041855 Helps to promote healthy mood balance, relaxation, use as a sleep aid and mental stress.

Truthful experience by people: ■ **I am calm now in stressful situations!** In the past 10 years I had a very short fuse, because my job is quite unpredictable. After I started Bell Calming Chronic Stress #66 the difference was amazing. My reactions to stressful situations are totally changed. I also have more energy, too. I don't yell at others. I have more patience and I am much happier as well. Thank you. Mary-Anne Thompson, 61, Lasalle, ON ■ **I suffered greatly from anxiety.** Standard treatments did not make me feel good. So my mother bought Bell Calming Chronic Stress #66 and it has been helping me a lot. I am on my 3rd bottle. Remington Fletcher, 19, Ponty Pool, ON ■ **I have a very high stress career** in the film industry. There was no time for relaxation or meditation as you are on demand for 12-15 hours a day with no breaks. Since using Bell #66I am able to focus on the tasks at hand with more patience. Thank you for your help! Christina Ollson, 36, Burnaby, BC ■ **It's exactly one year since we began using Bell Calming Chronix Stress #66 for our two sons.** Our local health food store recommended it. Both of our sons suffer from anxiety disorders. Our older son (14) was going through puberty and had become quite unmanageable, because he is much larger than I am. We are delighted with the immediate results. Our older son became his former sweet self and our younger son's (12) anxiety is dramatically reduced. Thank you so much. Donna Van Veen, 48, Grand Prairie, AB

■ ***AVAILABLE HERE IN REGINA:*** **Old Fashion Foods** 3980 Albert St.; **Old Fashion Foods** 4123 Rochdale Blvd.; **Old Fashion Foods** 447 Albert St.; **Old Fashion Foods** 501 Victoria Ave.; **Old Fashion Foods** 520 University Park Dr.; **Sangster's Health Centre** Southland Mall, 2719 Gordon Rd.; **Sangster's Health Centre** Victoria Square Mall, 2223 Victoria Ave E. ■ ***CANORA:*** **Canora Pharmacy** 216 Main St.; **Mall Centre Pharmacy Ltd.** 932 Norway Rd. S. ■ ***ESTERHAZY:*** **Pharmasave** 414 Main St.; **Sapara's Drug Mart Ltd.** 434 Main St. ■ ***ESTEVAN:*** **Nutter's Bulk & Natural Foods** 400 King St.; **Pharmasave #427** 1239 5th St. ■ ***FORT QU'APPELLE:*** **Old Fashion Foods** 220 A Broadway St. W.; **Pharmasave** 203 Broadway St. W. ■ ***MELVILLE:*** **Royal Drug Mart** 135 3rd Ave E.; ■ ***MOOSE JAW:*** **Alternate Root Organics** 16 Athabasca St. W.; **Moose Jaw Rexall** 701 Main St. N.; **Nutter's Bulk & Natural Foods** 605-B Main St. N. ■ ***REDVERS:*** **Pharmasave** 24 Broadway St. ■ ***SWIFT CURRENT:*** **Nature's Nook Health Foods** 222 Central Ave N.; **Nutter's Bulk & Natural Foods** Swift Current Plaza, 306 Central Ave. N.; **Pharmasave** 390 Central Ave. N.; **Sangster's Health Centre** Swift Current Mall, 1 Springs Dr. ■ ***WEYBURN:*** **Old Fashion Foods** 405 Souris Ave. ■ ***WYNYARD:*** **Wynyard Pharmacy** 225 Bosworth St. ■ ***YORKTON:*** **Good Earth Shop** Linden Square Mall 504 Broadway St. W.; **Nutter's Bulk & Natural Foods** 320 Broadway St. W.; **Sangster's Health Centre** Parkland Mall 277 Broadway St. E.; **Precious Therapy Vitamin Centre** 112 Fenson Cres.

REMEMBERING & IQ

#36

NPN 80042656 Helps to enhance memory and cognitive function in adults.

Actual results by people: ■ **Imagine how frustrating it is for someone with a Ph.D.** who has difficulties to concentrate and remembering something that happened yesterday. Now that I use your Super IQ Brain Function #36 I seem to be back to normal. I recommend it to anyone experiencing memory loss of any kind. Glenn A. Guidry Ph.D., 55, Nashville, TN ■ **As a student I was surprised with final exams results of 95%!** I started taking Bell IQ Function #36 half a year ago when I had trouble remembering things in a course. Things changed drastically when I started to take these capsules. I could concentrate and excel better than ever before. Exams results were 95% correct! Theresa Williamson, 31, Toronto, ON ■ **I bought the Super IQ Brain Function for my grandma, who has dementia.** Her thoughts were wandering in and out. Since she is taking #36 she recognizes us all, sings again and remembers all the lyrics. Instead of sleeping pills she is drinking the Bell Sleep & Relax Tea #21a and she is not groggy anymore in the morning. She is a delightful person again. We are all grateful. Wendy Simpson, 52, Calgary, AB

#60

Guaranteed better than all others they used say dozens of delighted users with full names and towns on the Bell website. Works by cleansing blood inside rather than attacking skin from the outside and leaving the actual cause untreated. Here are a few examples:

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Eczema & Psoriasis

NPN 80044199. Alternative for skin conditions such as Eczema, Psoriasis.

Actual Results. ■ **After 1 week** my severe acne became quite mild and after 2 weeks it had completely vanished. I suffered for 5 stressful years of having acne and extremely dry, irritated skin. Bell #60 **"saved my life"**. My skin is now beautiful and you would never know I suffered from acne and other skin problems for years. *Zach Lustgarten, 18, Oshawa, ON* ■ **Spent 30 minutes every day** popping and picking my face. Since puberty I had acne and irritating itching. After starting Bell #60 my acne cleared up, itching stopped, no more breakouts. Make-up looks nice on my face again. Thanks for an amazing natural product that really works. *Adwoa Mainoo, 38, Etobicoke, ON*

RED NOSE/CHEEKS ROSACEA gone in less than a week. Was fighting it for 30 years with topical creams and prescriptions without getting satisfaction. I live a healthy life, don't smoke and don't drink. People thought a reddish face comes from drinking. This is a myth. Will take it for the rest of my life when needed. *Donald E. Gillespie, 56, Innisfil, ON* ■ **My husbands suffered for 28 years** with Rosacea. It has been a nightmare for him physically and emotionally. It was frustrating seeing so many doctors and specialists and spending lots of money without success. Bell #60 worked within a short time. Itching stopped quickly. We've finally found our savior product. *Lynn Litman, 54, Coeur d'Arlene, ID*

PSORIASIS ■ **I had severe psoriasis** over 95% of my body. Last 5 years I have stunned every doctor and dermatologist. I spent tons of money on remedies. After I got Bell #60, I've never seen anything work as fast in my life. Within 2 days I saw my skin clearing up. I'm speechless. It was inexpensive compared with what I spent before. *Jessica Shantz, 25, Dawson Creek, BC* ■ **My husband had psoriasis so bad** he scratched until it was bleeding. We went for 5 years to doctors and dermatologists who prescribed special soaps and expensive creams that were of no help. Bell #60 brought complete relief before the bottle was finished. Thanks so much for all the Bell products. We use many of them now. *Ruthann Bennett, 64, Pittsburgh, PA*

ECZEMA For 6 years my family doctor and dermatologist tried many medications and creams. After taking Bell #60 for just a few days my eczema itching stopped and my face started to clear up. After suffering so long I am amazed with the results. *Andy Yuen, 58, Vancouver, BC* ■ **I am a minister** and had eczema on my right hand for some 30 years. This has been an embarrassing problem as I do a lot of handshaking. Expensive prescriptions did very little. My granddaughter finally helped by recommending Bell #60 and it worked within days. I take it now when needed. I hope others will be helped just as well. *Rev. Larry K. Raynes, 70, Taylors, SC*

Bladder & Yeast Infection

#31

NPN 80038535 A diuretic to help relieve mild urinary tract infections.

True success stories by women: ■ **Bladder & Yeast Infection #31 works within a day or two!** My experience in the last 4 years is that whenever I feel symptoms of an infections I take two capsules for a day or two and the infection is gone. I love this product. Pat Pearce, 53, Brantford, ON ■ **30 years of bladder infections gone!** For 30 years my doctor prescribed antibiotics. As soon as the medication finished the next bladder infection came back. After 2 days taking Bell # 31 I noticed a complete relief of my infection I had all these 30 years. God bless you all for helping all of us women. Emell Whitaker, 69, Bronx, NY ■ **Bladder infections kept on coming back.** Since starting Bell Bladder & Yeast Infection #31 my infection was gone and I now take it from time to time for prevention and I have no more bladder or yeast infections. I told family and friends how good Bell products are. Thank you! Maria Racz, 60, Vancouver, BC ■ **Went to the bathroom 10 times in an hour and more frequently at night!.** In the last 2 years I went a number of times to the doctor and got different antibiotics and none of them worked. My urination would burn enormously. I bought your Bell Bladder & Yeast infection #31. I can now work all day or sleep all night without getting up to go to the bathroom. I am not afraid anymore to drink water when I am thirsty. Praise the Lord! Thank you! Harriett Priester, 60, North Charleston, SC

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Court agrees to hear right-to-die appeal

Assisted suicide. Proponents argue the law is outdated and society's view of the issue has changed

The Supreme Court of Canada has agreed to review the country's assisted-suicide laws more than two decades after it rejected doctor-assisted dying for people who are terminally ill.

The high court announced Thursday it will hear an appeal in a case that briefly overturned the ban on assisted suicide and offered a B.C. woman a constitutional exemption to get help in ending her life.

The B.C. Civil Liberties Association, which has argued on behalf of several ill people who said they wanted to die with dignity, hailed the decision.

In 2012, Justice Lynn Smith of the B.C. Supreme Court ruled the existing law was unconstitutional but delayed her ruling for a year to allow the federal government to rewrite the statute.

Smith also granted Gloria Taylor an exemption that would have allowed her to seek an assisted death. Taylor was terminally ill with ALS, also known as Lou Gehrig's disease.

Arguing for the right to die with dignity

"Today we are savouring the knowledge that seriously ill Canadians are going to have the opportunity to make their plea to the court."

Lawyer Grace Pastine, who has argued Kay Carter's case for the B.C. Civil Liberties Association

The federal government appealed the B.C. Supreme Court decision, and the B.C. Court of Appeal overturned the ruling last October, concluding that the 1993 case that upheld the law was binding and that the lower court didn't have the ability to overturn the decision.

Taylor didn't use the constitutional exemption. She died of an infection in October 2012.

But the family of another woman, 89-year-old Kay Carter who went to Switzerland in January 2010 to end her life, is continuing the court fight with the help of the British Columbia Civil Liberties Association.

THE CANADIAN PRESS

Animal cruelty. Society investigating after cat muzzled, starved to death

The Calgary Humane Society is investigating after a cat was found muzzled and starved to death Thursday just metres from where a dog was found dead in much the same manner.

The society said it found an emaciated female husky on Jan. 9 with tape over its muzzle, just like the cat.

The dog investigation prompted a local veterinary company to offer up a $5,000 reward for information leading to conviction in the case.

"Everybody who has a pet in Calgary is now at risk — that's the scary part," said Greg Hasbritt, president of Vets To Go, which is offering the reward.

Brad Nichols, the humane society's manager of cruelty investigations, said the penalties for such an act, if deemed intentional, could include counts of animal neglect and cruelty and carry a sentence of up to five years in prison and a maximum $20,000 fine.

METRO IN CALGARY

Canadians face trafficking charges in Philippines

Arrested Canadian nationals James Clayton Riach, right, and Ali Memar Mortazavi Shirazi wait for their inquest proceeding at the Department of Justice in Manila, Philippines, on Thursday. The Anti-Organized and Transnational Crime Division of the National Bureau of Investigation (NBI) said four Canadians, including Riach and Shirazi, were arrested Wednesday for allegedly trafficking illegal drugs from Mexico. The suspects are allegedly linked to a Mexican cartel and undercutting Chinese traffickers dominating the local market, which could trigger a drug war, NBI said. BULLIT MARQUEZ/THE ASSOCIATED PRESS

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Vatican grilled by UN on child sex-abuse scandal

'The Holy See gets it'. Church's former sex crimes prosecutor says there are 'things that need to be done differently'

Roman Catholic official Monsignor Charles Scicluna waits Thursday in Geneva for the start of questioning at the UN. MARTIAL TREZZINI/KEYSTONE/THE ASSOCIATED PRESS

The Vatican came under blistering criticism from a UN committee Thursday for its handling of the global priest sex-abuse scandal, facing its most intense public grilling to date over allegations that it protected pedophile priests at the expense of victims.

The Vatican insisted it had little jurisdiction to sanction pedophile priests around the globe, saying it was for local law enforcement to do so. But officials conceded that more needs to be done and promised to build on progress already made to become a model for others, given the scale of the problem and the role the Holy See plays in the international community.

"The Holy See gets it," Monsignor Charles Scicluna, the Vatican's former sex crimes prosecutor, told the committee. "There are certain things that need to be done differently." He was responding to the UN committee over the Holy See's failure to abide by terms of the UN Convention on the Rights of the Child. THE ASSOCIATED PRESS

Britain, U.S., Australia

Live webcam child-abuse ring busted

Child-abuse investigators in the U.S., Britain and Australia have dismantled an organized crime group that streamed live webcam footage of child sexual abuse from the Philippines for paying viewers around the world.

An international investigation broke up the ring, which abused impoverished children as young as six, Britain's National Crime Agency said. Authorities made 29 arrests, including 11 people in the Philippines who had facilitated the crime, including members of the children's families.

Police describe the use of webcams to stream live child abuse — especially from developing countries — as a "significant and emerging threat."

The investigation began in 2012 after a routine police visit to a registered sex offender in Britain. THE ASSOCIATED PRESS

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Problem with alcoholics? Get them to work for beer

Fifty-year-old Karel Slinger, participant in a pilot project for alcoholics that offers to fund their drinking rather than try to cure them, pauses for beer at the clubhouse in Amsterdam, Wednesday. PETER DEJONG/THE ASSOCIATED PRESS

Tough job. Pilot project in Amsterdam has garnered worldwide attention

The men streaming in and out of a small clubhouse in east Amsterdam could almost be construction workers at the end of a hard day, cracking jokes as they down a few Heinekens, waiting for their paycheques. But it's only noon, the men are alcoholics and the beers are the paycheque.

In a pilot project that has drawn attention in the Netherlands and around the world, the city has teamed up with a charity organization in hopes of improving the neighbourhood and possibly improving life for the alcoholics. Not by trying to get them to stop drinking, but instead by offering to fund their habit outright.

Participants are given beer in exchange for light work collecting litter, eating a decent meal, and sticking to their schedule. The men must show up at 9 a.m., three days a week. They start off with two beers, work a morning shift, eat lunch, get two more beers, and then do an afternoon shift before closing out with their last beer. Total daily pay package: 19 euros (about $28), in beer, tobacco, a meal and 10 euros cash. THE ASSOCIATED PRESS

The problem

For years, around 50 rowdy, aging alcoholics had plagued a park in east Amsterdam, annoying other park-goers with noise, litter and occasional harassment.

- The city had tried many hard-handed solutions, spending 1 million euros (about $1.5 million) a year on prevention, treatment and policing programs, but nobody was satisfied.

Hollande scandal. French president's alleged lover suing gossip magazine

A French actress suspected of having an affair with French President Francois Hollande has filed a lawsuit against a gossip magazine for alleged invasion of privacy over its report.

A representative of Closer magazine says the publication received legal documents Thursday from Julie Gayet and her lawyers. The lawsuit seeks 54,000 euros (about $80,000) in damages and other fees, plus the publication of a summary of any judicial ruling on its front page.

Hollande has said his "indignation is total" about the report, but stopped short of saying whether he'd sue.

Rumours have long circulated that Hollande might have a lover. The magazine Closer published images Friday showing his bodyguard and a helmeted man it says is Hollande visiting what it says is the apartment of the actress.

Hollande has been living with Valerie Trierweiler, a journalist, since he split with the mother of his four children in 2007. They are not married.

French actress Julie Gayet
THE ASSOCIATED PRESS FILE

Trierweiler is widely viewed as the reason that Hollande split from longtime partner Segolene Royal. The political couple formally separated just after Royal lost her bid for the presidency in 2007, but it later emerged that Hollande had been having an affair with Trierweiler during the campaign. THE ASSOCIATED PRESS

Indian police say gang rape suspects identified

Indian police said Thursday that they were closing in on five homeless men in the gang rape of a 51-year-old Danish tourist in New Delhi, a case that highlights the plague of sexual violence in the country and threatens to tarnish its tourism industry.

Three other suspects were earlier picked up and accused of taking part in Tuesday's attack, which lasted nearly three hours and happened near Connaught Place, a popular shopping area in the heart of New Delhi, police spokesman Rajan Bhagat said.

"We have identified the culprits. All of them are vagabonds," a police official said

Tourism figures fell significantly in the three months following the 2012 fatal gang rape of a young Indian woman — a case that caused public outrage — with visits by women dropping 35 per cent, according to the Associated Chambers of Commerce and Industry of India.

Police said the Danish tourist was raped at knifepoint Tuesday after she approached a group of men for directions back to her hotel. Instead of helping her, the men lured her to a secluded spot and raped her repeatedly, according to police. THE ASSOCIATED PRESS

Violence continues

Violence against women in India has caused increasing alarm since the fatal gang rape of a 23-year-old Indian physiotherapy student in New Delhi in December 2012.

- **Several foreign tourists also have been targeted in attacks that have received international attention, although Indian women are assaulted far more frequently.**

Natural disaster

USDA responds to drought concerns

Federal officials have designated portions of 11 drought-ridden western and central states as primary natural disaster areas, highlighting the financial strain the lack of rain is likely to bring to farmers in those regions.

The announcement by the U.S. Department of Agriculture means eligible farmers can qualify for low-interest emergency loans from the USDA. While storms have pelted the East, droughts are persisting or intensifying in the West. THE ASSOCIATED PRESS

Newtown tragedy

Shooter called radio show

The man who carried out the Sandy Hook Elementary School massacre in Newtown apparently called a radio station a year earlier to discuss the 2009 mauling of a Connecticut woman by a chimpanzee.

The caller believed to be Adam Lanza speaks softly on a show on the University of Oregon's campus radio station and blames "civilization" for the animal's attack.

Lanza killed 20 children and six adults at the school in Newtown on Dec. 14, 2012. THE ASSOCIATED PRESS

Nigeria

Court sentences gay man to lashes

A young man convicted of sodomy was whipped 20 times Thursday in a northern Nigerian Shariah court.

Though Mubarak Ibrahim was found guilty under Shariah law, it is the first conviction of a gay man in Nigeria since President Goodluck Jonathan signed a bill that further criminalizes homosexuality under the West African nation's Western-style penal code.

The 20 lashes were administered in the public court. THE ASSOCIATED PRESS

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Col. Jamila Bayaz, left, at her office in Kabul, Afghanistan. MASSOUD HOSSAINI/THE ASSOCIATED PRESS

Female police chief a first in Afghanistan

Top cop. Says she's ready to serve, despite danger of being a possible Taliban target

She wears a black headscarf instead of a cap. But otherwise Col. Jamila Bayaz looks like any other district police chief in Afghanistan as she reviews checkpoints in the centre of Kabul.

Quoted

"There are difficulties, but I will continue."

Col. Jamila Bayaz, Afghanistan's first-ever female district police chief

Bayaz, 50, is the first woman to be promoted to run an entire district — the highest front-line appointment for an Afghan policewoman. With just two days on the job, she said she feels up to the challenge despite the threat, as policewomen are among the Taliban's top targets.

"I work day and night," she said as she walked through a money exchange bazaar that lies at the heart of Kabul's District 1. "I am ready to serve; I am not scared, nor am I afraid."

Afghan policewomen are frequently threatened and targeted by the insurgents and several have been killed in the past few years. THE ASSOCIATED PRESS

Humanitarian groups in South Sudan looted

The U.N.'s top aid official in South Sudan watched helplessly as armed men in uniform stole a car from an aid group. Thugs took $50,000 of goods from aid agency Mercy Corps. Tons of food has been stolen from the World Food Program.

With renewed warfare reverberating throughout the world's newest country, wholesale looting of vehicles, equipment and supplies belonging to aid groups is crippling humanitarians' abilities to help. There is much work to do: Even before the fighting broke out last month, the people of South Sudan, one of the world's poorest countries, were suffering from dismal health care and little education.

Thousands of people have been killed and hundreds of thousands displaced by a month of fighting in South Sudan between factions of the military as well as ethnic militias.

Armed men on Thursday looted the Doctors Without Borders office in the city of Malakal, said Louisa Markering, the group's emergency coordinator.

"It's getting more and more difficult," said Markering, who noted that this was the second mass theft against the group since the conflict broke out.

The thefts have been particularly widespread in Bentiu, the capital of the oil-rich Unity State, which was in rebel hands for much of the last month before government troops retook the city.

Toby Lanzer, the U.N.'s top humanitarian official in the country, watched men in uniform steal a car from an unnamed international aid group last week.

Doctors Without Borders' compound in Bentiu was also hit, with virtually everything stolen, said the group's medical coordinator in Juba. THE ASSOCIATED PRESS

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DANIEL EK

The co-founder and CEO of Spotify, the world's most talked-about music streaming service, puts the listener at the centre of an ever-evolving music industry.

YOU CAN BE THE KINGMAKER

Record labels are still not big fans of Spotify. Do you have sympathy for them?

I don't think there's a single record label that has a problem with us. They've worked with us for four to five years now, and I'm sure they wouldn't partner with us if they didn't like what we do. Right now we're their second-largest revenue generator after iTunes.

YouTube content boss Robert Kyncl's vision of his site is a talent factory for ordinary people. Do you want Spotify to go in the same direction?

We don't want to become creators of music. Record labels are great partners, and by the way, artists can also upload music to Spotify on their own. What we're focusing on is getting more music uploaded so that more people can enjoy it.

Passionate exec

"I love music, and that's the reason I started Spotify."

One of your staff members put an unknown singer named Lorde on Spotify's playlist, turning her an instant star. Do you want to formalize this process of Spotify as a kingmaker?

Yes, we want to help artists, but we don't want to be kingmakers. What we're about is democratizing the music industry so that your friends are your kingmakers.

Where will the money come from (to run Spotify)? At the end of the day, all these users just want things for free...

I think customers will pay for quality. People are willing to pay more for an Apple product because they perceive it as being higher quality. And look at news media. You can get news for free, but even so I subscribe to the Wall Street Journal because they provide depth and analysis that I think it's worth paying for. METRO

In NYC. The Super Bowl is about throwing the pigskin *and* pigging out

The Super Bowl won't touch down in New Jersey until next month, but the New York restaurant scene already is rolling out the turf carpet.

The city with the endless appetite for great food is going all out for the big game, mounting a culinary spectacle in keeping with the over-the-top nature of the event.

Exhibit A — The 50 Yard Lounge. At the intersection of Madison Square Garden and Penn Station, the 50 Yard Lounge will offer what amounts to a five-day food and wine festival with athletes. Heated roof decks, tented plazas and restaurants will showcase themed menus from top New York chefs while current and former NFL players mingle with diners.

In some of the many chef-and-athlete demonstrations, Michelin-starred chef Michael White will teach Football Hall of Famer Cris Carter to make pasta. And celebrity butcher Pat LaFrieda will show three-time Super Bowl champion Matt Light how to break down meat.

THE ASSOCIATED PRESS

A Buffalo chicken taquito is dipped in blue cheese dressing at Taquitoria in New York City. Most of their business will be takeout on game day. THE ASSOCIATED PRESS

Rockin' in the free world?

Young's criticism of oilsands criticized

Amid his aboriginal fundraising tour, rocker Neil Young is facing criticism over his comments that compared the oilsands to Hiroshima.

Before the legendary musician's concert in Winnipeg Thursday Federal Natural Resources Minister Joe Oliver called Young's remarks insulting and Saskatchewan Premier Brad Wall called the remarks ignorant.

THE CANADIAN PRESS

Market Minute

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STOP ME IF YOU THINK THAT YOU'VE HEARD THIS ONE BEFORE

THE METRO LIST
Paul Sullivan
metronews.ca

It's a brand new year. But for those of you who think we're getting off to a fresh start, a clean slate and all that, this week's Metro List should disabuse you of that notion. Talk About déjà vu all over again:

1 **Meryl Streep gets nominated for an Oscar.** Get out! It makes the 18th time the World's Greatest Actor (registered trademark) is nominated for an acting Academy Award. They should retire her category or something. Sorry, no more best actress category. It's now the Meryl Streep wannabe category. And the winner is ... Jennifer Lawrence, who's already been nominated three times, has one Oscar and is still only 23.

2 **Overweight politician vows to stick it to his enemies.** No, it's not Rob Ford, but New Jersey Governor Chris Christie doing his best Rob Ford imitation, denying he had anything to do with shutting down traffic on a busy commuter bridge out of spite, and complaining that his enemies are on a political vendetta. Speaking of political, Christie's final Imitation of Ford is to stand in the smoking crater of his career and believe he can get his ample bottom elected something other than dog catcher.

3 **French president has affair.** Francoise Hollande is having an affair with actress Julie Gayet. The only difference between this affair and those of former presidents such as Nicolas Sarkozy (who left his wife for supermodel Carla Bruni) François Mitterrand (who kept a second family), and Valéry Giscard d'Estaing, etc. is, er, nothing. Power is an aphrodisiac that transforms even the least favoured chef d'État. Oo-la-la. I've always wanted to write that.

4 **Rock star sticks his nose into Canadian environmental controversy.** Sir Paul McCartney took a moment with the baby seals in Newfoundland, posing with several admiring mammals on a convenient ice floe. Now Neil Young has decided to follow Macca's lead and has inserted himself into the national debate over the oilsands, the Keystone Gateway pipeline, and whatever. This is really nothing new for the iconic rock star, who's been protesting since he first picked up his guitar. Remember, he's the guy who inspired Sweet Home Alabama. Maybe somebody will write a rockin' song defending the oilsands. Maybe not.

5 **Royal couple visits Canada.** Charles and Camilla, that is. Like relatives who just can't stay away, The Prince of Wales and his Duchess will enjoy the nation's hospitality for four (more) days in May, visiting New Brunswick, Ontario and Saskatchewan, you lucky guys. They were just here in 2012. Governor General David Johnston made the announcement, adding, by way of discreet understatement, "Sharon and I are looking forward to seeing them once again, as they spend some time here in Canada." It is Charles' 17th visit, Camilla's third, so she has a lot of catching up to do.

ZOOM

'Pseudoscience' 'paints' 'a' 'picture'

COURTESY MICHAEL MAPES/ROOM62.COM

Portraits revived from 'specimens'

An artist has created collaged replicas of famous paintings using hundreds of tiny photographs, gelatin capsules, vials, sequins and insect pins.

Michael Mapes, from New York state, painstakingly put together the "artificial specimens" to reimagine works by Dutch masters Rembrandt and Nicolaes Eliasz Pickenoy. METRO

'Pseudoscience' at centre of artwork

By collecting and compartmentalizing dissected photos and contrived specimens, Mapes toys with the notion of a "pseudoscientific" approach to creating art.

The 51-year-old explains to Metro that "this pseudoscientific metaphor serves as a kind of lens through which my artistic expression can be experienced in a complex and unique way." METRO

By the numbers

6,000

insect pins are used to create Mapes's unique portraits.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Zuckerberg and co. are treading even closer to Twitter's toes this week with the addition of a Facebook trending bar. Personalized topics are gathered based on FB trends along with you and your pals' apparent likes/dislikes. Here's what you might want to know:

Ads: Unlike Twitter, FB spokespeople say trending topics can't be sponsored or promoted... for now.

One liners: Trending topics include a one-liner about the topic, giving a bit more context than the one-word trends of Twitter.

Private vs. public: While most people's Twitter feeds are public, FB users seem to keep their profiles on strict lockdown, which gives Twitter a leg up in figuring out you're actually into. This means trends might be more closely linked to celebs and news outlets' likes and dislikes.

Comments

RE: Citizenship Changes Emphasize 'Speak White Ideology,' Report Finds, published online January 16

Having been through the citizenship process recently, I have to disagree with most of this think tank's findings.

The claim that applicants are tested on "economic self-sufficiency" is completely false. Moreover, barriers to citizenship are low, with only 3.6 per cent of citizenship applicants ultimately rejected. The most common reason for rejecting applicants is that they didn't live in Canada for the required three years.

The history section includes a lot about the waves of immigration that have shaped Canada, emphasizing the positive contribution of multiculturalism, pluralism, diversity and mutual respect. The overwhelming majority of applicants in my test session were non-white, and that seems to be quite normal.

The only reasonable point that the think tank makes relates to the processing delays. My application took 27 months, almost all of which involved my case file sitting in a pile waiting for someone to look at it. **Daniel Hassett, posted to metronews.ca**

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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SCENE

Synopsis

Ex-Marine Jack Ryan is back on screen after a 12-year break, but this time he looks like Captain Kirk. As played by Chris Pine (taking over from Alec Baldwin, Harrison Ford and Ben Affleck), CIA field agent Ryan discovers evidence of an upcoming terrorist attack. Leaving his suspicious girlfriend (Kiera Knightley) behind, he is sent to Moscow to continue the investigation by Intelligence boss Agent Harper (Kevin Costner). Dodging bullets and bad guys, he encounters Viktor Cherevin (Kenneth Branagh), an evil businessman with a plot to destabilize the global economy. Steve Gow sits in for Mark Breslin this week.

- Richard: ●●○○○
- Steve: ●●○○○

Squeaky clean Chris Pine doesn't add much to an already-bland Jack Ryan tale. CONTRIBUTED

Pretty dry for a film spy

Jack Ryan: Shadow Recruit. Chris Pine and a dull dialogue sink this Jack Ryan installment

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Richard: Steve, Shadow Recruit is nothing fancy… and it's also nothing Clancy. As the first of the Ryan movies not based on a Tom Clancy novel, it feels quite generic. There is the usual intrigue and a couple of tense scenes, but what the movie doesn't have is the ear for dialogue of the other Ryan films. When you have a senior CIA agent muttering the line, "This is geopolitics, not couple's therapy," it's hard to know whether this is a satire of spy films or just badly written.

Steve: It certainly wasn't inspired writing, that's for sure. I get the feeling the genesis of this film came straight from a money-angling producer who somehow decided reviving a 12-year-old movie character like Jack Ryan would make better business sense than creative endeavour. The problem is, even if you look at the previous incarnations of the CIA operative — he's pretty indistinct. He's no James Bond. And vanilla Chris Pine doesn't add much to that blandness.

RC: True, but I really think that this is a case of a director with no affinity for the material. It's almost as if the movie was pieced together by people who had seen a lot of spy movies, but didn't really understand them. Add to that action scenes so frenetically edited it's often hard to see who is punching who through the flashes of light on the screen. A little clarity in those sequences would have gone a long way to make up for the ridiculous dialogue and underdeveloped characters.

SG: Absolutely. I had a hard time making sense of the action sequences since they were filmed with shaky handheld cameras in what seemed to be extreme close-up. Perhaps filmmaker Kenneth Branagh was focusing less on direction and more on playing the Russian antagonist in the film, which he does effectively enough in spite of the formulaic dialogue. Keira Knightly too, in the pretty unremarkable role of Ryan's unwitting operative wife, is fine — although I'm not sure what her attraction to the part was.

RC: Knightley was fine, but I thought Branagh played Cherevin with all the nuance of a Bond villain. He's ruthless, flamboyantly accented and super smart. Smart enough to bring down the global economy but not smart enough, apparently, to see through Chris Pine's terrible drunk act near the climax of the film.

Steve: True enough. And that probably exemplifies this film's biggest flaw. As much as the action is set at the pace of an overcaffeinated ferret, this thriller is pretty much boilerplate material with any subtle intricacies simplified for the sake of the neatly-capped plot. In the end, it's a pretty plain spy flick.

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And they're off!

American Hustle snagged 10 Oscar nominations on Thursday. CONTRIBUTED

Academy Awards.
American Hustle, Gravity get most nom love from Oscar

NED EHRBAR
Metro World News in Hollywood

The Academy announced its nominations for the 2014 Oscars Thursday morning, with David O. Russell's American Hustle and Alfonso Cuarón's Gravity tying for the most nominations, earning 10 each, while Steve McQueen's 12 Years a Slave was right behind with nine. It's an incredibly crowded year, with nine films up for best picture, so voting for the final awards could go almost anyway, but we're predicting that the Hollywood Foreign Press got things almost exactly right with their major winners at the Golden Globes. We'll find out for sure on March 2.

Metro's predictions

Best picture: 12 Years a Slave

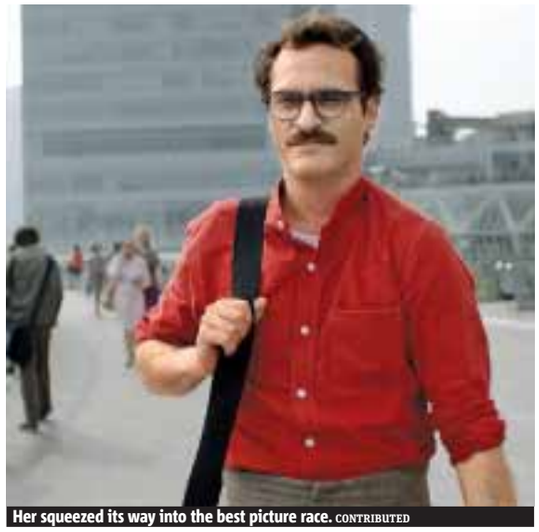
Best actor: Matthew McConaughey, Dallas Buyers Club

Best actress: Cate Blanchett, Blue Jasmine

Best supporting actor: Jared Leto, Dallas Buyers Club

Best supporting actress: Lupita Nyong'o, 12 Years a Slave

Best director: Alfonso Cuarón, Gravity



Her squeezed its way into the best picture race. CONTRIBUTED

Biggest winners

American Hustle has the biggest profile in the most major categories, making it the best contender for a sweep — though that seems incredibly unlikely this year. And Judi Dench has to be pleased to make it into the Best Actress race for underdog Philomena.

Biggest losers

Certain films didn't seem to connect at all with the Academy, the most surprising being the Coen Brothers' Inside Llewyn Davis, which only earned two nods, for cinematography and sound mixing. And Saving Mr. Banks, which had been considered a contender for nominations at least for Emma Thompson and Tom Hanks, will have to make due with a best original score nod. But the biggest snub seems to be for Lee Daniels' The Butler, which wasn't nominated for a single award. Sorry, Oprah.

Biggest surprises

It's definitely a treat to see Spike Jonze's quiet and fantastic Her squeeze its way into the best picture race, as well as Philomena, though neither film has that great a chance of winning the top prize. Hopefully the Academy, like the HFPA earlier this week, will award Jonze for best original screenplay as a consolation. And not seeing Academy favorite Tom Hanks nominated for anything despite well-received roles in Captain Phillips and Saving Mr. Banks is certainly a surprise, though apparently the Academy needed to make room for Jonah Hill, whom they seem to really like.

Nominees

- **Best motion picture.** American Hustle, Captain Phillips, Dallas Buyers Club, Gravity, Her, Nebraska, Philomena, 12 Years a Slave, The Wolf of Wall Street
- **Best actor.** Christian Bale - American Hustle, Bruce Dern - Nebraska, Leonardo DiCaprio - the Wolf of Wall Street, Chiwetel Ejiofor - 12 Years A Slave, Matthew McConaughey - Dallas Buyers Club
- **Best actress.** Amy Adams - American Hustle, Cate Blanchett - Blue Jasmine, Sandra Bullock - Gravity, Judi Dench - Philomena, Meryl Streep - August: Osage County
- **Best director.** David O. Russell - American Hustle, Alfonso Cuarón - Gravity, Alexander Payne - Nebraska, Steve McQueen - 12 Years a Slave, Martin Scorsese - the Wolf of Wall Street

Inside Llewyn Davis only earned two nods. CONTRIBUTED

THESE PAGES COVER MOVIE START TIMES FROM FRI., JAN. 17 TO THURS., JAN. 23 TIMES ARE SUBJECT TO CHANGE.

Southland Mall
3025 Gordon Rd.

47 Ronin 3D (PG) Fri 7:35-10:15 Sat-Sun 1:40-4:35-7:35-10:15 Mon-Tue 5:50-8:45 Wed 2:10-5:50-8:45 Thu 5:50-8:45
American Hustle (14A) Fri 6:55-10 Sat-Sun 12:30-3:40-6:55-10 Mon-Thu 5:30-8:30 Star & Strollers Screening Wed 1:30
Anchorman 2: The Legend Continues (PG) Fri-Sun 9:45 Mon-Thu 8:20
Frozen (G) Sat-Sun 1:10
Frozen 3D (G) Fri 7:10 Sat-Sun 4-7:10 Mon-Tue 5:45 Wed 1:50-5:45 Thu 5:45
Girl, Boy, Bakla, Tomboy (PG) Fri 7:45-10:15 Sat-Sun 1-4:15-7:45-10:15 Mon-Tue 5:35-8:10 Wed 2-5:35-8:10 Thu 5:35-8:10
Her (14A) Fri 7-9:50 Sat-Sun 12:55-3:50-7-9:50 Mon-Thu 5:25-8:15 Star & Strollers Screening Wed 1:30
The Hobbit: The Desolation of Smaug 3D (PG) Fri 9 Sat-Sun 2-5:30-9 Mon-Tue 7:45 Wed 1:50-7:45 Thu 7:45
The Hunger Games: Catching Fire (PG) Fri 6:45-9:55 Sat-Sun 12:20-3:30-6:45-9:55 Mon-Tue 5:20-8:25 Wed 1:40-5:20-8:25 Thu 5:20-8:25
Saving Mr. Banks (G) Fri 7:20-10:10 Sat-Sun 1:20-4:10-7:20-10:10 Mon-Tue 5:55-8:40 Wed 2-5:55-8:40 Thu 5:55-8:40
The Secret Life of Walter Mitty (G) Fri 7:30-10:10 Sat-Sun 1:30-4:25-7:30-10:10 Mon-Tue 5:40-8:35 Wed 1:40-5:40-8:35 Thu 5:40-8:35
The Wolf of Wall Street (18A) Fri 8:45 Sat-Sun 12:45-4:45-8:45 Mon-Tue 7:30 Wed 2:10-7:30 Thu 7:30

Galaxy Cinemas Normanview S.C.
420 McCarthy Blvd. N. Unit

Anchorman 2: The Legend Continues (PG) Fri 4:20-7:10-10 Sat 1:30-4:20-7:10-10 Sun 4:20-7:10-9:55 Mon-Wed 7:20-10:05 Thu 7:20
August: Osage County (14A) Fri 4:15-7-9:50 Sat-Sun 1:10-4:15-7-9:50 Mon-Thu 7:05-9:50
Bolshoi Ballet: Jewels (STC) Sun 12:55
Devil's Due (14A) No Passes Fri 4-8:15-10:35 No Passes Sat 1:15-3:35-5:55-8:15-10:35 No Passes Sun 1:30-4:35-6:55-9:40 No Passes Mon-Thu 7:40-9:55
Frozen (G) Sat-Sun 12
Frozen 3D (G) Fri 4:10-7:50 Sat-Sun 2:35-5:15-7:50 Mon-Thu 6:55
The Golden Compass (PG) Sat 11
The Hobbit: The Desolation of Smaug 3D (PG) Fri 4:25-6:50-10:20 Sat 11:50-3:20-6:50-10:20 Sun 11:50-3:20-6:50-10:15 Mon-Thu 8
I, Frankenstein (PG) Thu 10
Jack Ryan: Shadow Recruit (PG) No Passes Fri 5-7:35-10:10 No Passes Sat 11:55-2:30-5-7:35-10:10 No Passes Sun 11:55-2:30-5-7:35-10:05 No Passes Mon-Thu 7:35-10:05
Lone Survivor (14A) Fri 4:35-7:25-10:30 Sat 1:25-4:25-7:25-10:30 Sun 1:25-4:25-7:25-10:10 Mon-Thu 7:25-10:10
The Nut Job (G) Sat-Sun 12:10
The Nut Job 3D (G) Fri 4:50-7:15-9:30 Sat-Sun 2:25-4:50-7:15-9:30 Mon-Thu 7:10-9:35
Paranormal Activity: The Marked Ones (14A) Fri-Sat 10:35 Sun 10:25 Mon-Wed 9:30 Thu 10:15
Ride Along (PG) No Passes Fri 5:10-7:55-10:25 No Passes Sat 12:25-2:55-5:25-7:55-10:25 No Passes Sun 12:25-2:55-5:25-7:55-10:20 No Passes Mon-Thu 7:50-10:15
The Wolf of Wall Street (18A) Fri 4-6:30-10:15 Sat 11-2:45-6:30-10:15 Sun 12:45-4:45-8:45 Mon-Thu 8:30

Kramer IMAX Theatre
2903 Powerhouse Dr.

Flight of the Butterflies 3D (STC) Sat 2:15-3:30-7 Sun 1-3:30-7 Tue-Wed 1-3:30 Thu 1-3:30-7
Kenya 3D: Animal Kingdom (STC) Sat 1-4:45 Sun 2:15-4:45 Tue-Wed 2:15 Thu 2:15-4:45
No Films Showing Today (STC) Fri Mon

Golden Mile
3806 Albert St.

Captain Phillips (PG) Fri-Thu 9:10
Cloudy With a Chance of Meatballs 2 (G) Fri-Thu 1:15-3:50-6:50
Dallas Buyers Club (14A) Fri-Thu 1:20-3:55-6:35-9:15
Delivery Man (PG) Fri-Thu 6:30-9:25
Despicable Me 2 (G) Fri-Thu 1:10-3:50
Gravity (PG) Fri-Thu 1:25-3:45-6:40-9:15
Ice Soldiers (14A) Fri-Thu 3:45-9:25
Last Vegas (PG) Fri-Thu 7-9:20
Nebraska (PG) Fri-Thu 1:10-6:50
Philomena (PG) Fri-Thu 1:15-4-6:40-9:20
Thor: The Dark World (PG) Fri-Thu 1:10-3:45-6:30-9:05
Walking With Dinosaurs (G) Fri-Thu 1:30-4:05

Regina Public Library Film Theatre, 23 11 12th Ave.

20 Feet From Stardom (PG) Thu 7
Bastards (STC) Thu 9
Cutie and the Boxer (G) Fri 7 Sat 9 Sun 7
The Hunger Games (PG) Wed 6:45
Inequality for All (G) Fri 9 Sat 7 Sun 9
No Films Showing Today (STC) Mon-Tue

Mind the App

Crackle gets Comedians in Cars

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Crackle
iPhone/iPad/Android
Free

Crackle's streaming catalogue of free but often unfamiliar movies and shows gets a boost with Jerry Seinfeld's Comedians in Cars Getting Coffee. The app works great, just needed fresh content.

Video game review

Name. The Wolf Among Us

For. Xbox Live/PSN/PC/Mac/iPad/iPhone

Rated. Mature 17+

Solving fairy tale murders may not seem like serious business, but set against the gritty streets of New York where Prince Charming and company have sacrificed their Ever After lives for ones of dysfunction and mistrust, it gets real. As Bad Wolf detective Bigby, your decisions and behaviour affect others with the episodic story and evidence changing noticeably in response. You interrogate foul-mouthed frogs, have throw-down fights with rage-aholics, and commiserate with Snow White. It doesn't feel like you're getting anywhere in Episode One, but it sure is entertaining. **KRIS ABEL**

Swamp songs, cosmic rays and the DPRK

SOUND CHECK
Alan Cross
scene@metronews.ca

Three pieces of music you've just got to hear

A Lizard State/ King Krule

A swampy, True Blood (and mildly NSFW) sort of song. Very cool, Mr. Hitchcock (you'll see what I mean).

Escape to North Korea/Pacman and Peson

Yes, *to* North Korea. These DC rappers dreamed of being the first outside act to film a music video in the DPRK. They did it. Your move, Mr. Rodman.

Random Cosmic Rays/CRaTER

The Lunar Reconnaissance Orbiter has an on-board module that reads cosmic rays as music, which it then broadcasts to Earth in real time. If this is anything to go by, the universe is pretty blissed out. Take that, Mr. Eno.

Online spinoff

CW resurrects popular Veronica Mars series

The CW says it's developing an online spinoff of the Veronica Mars series.

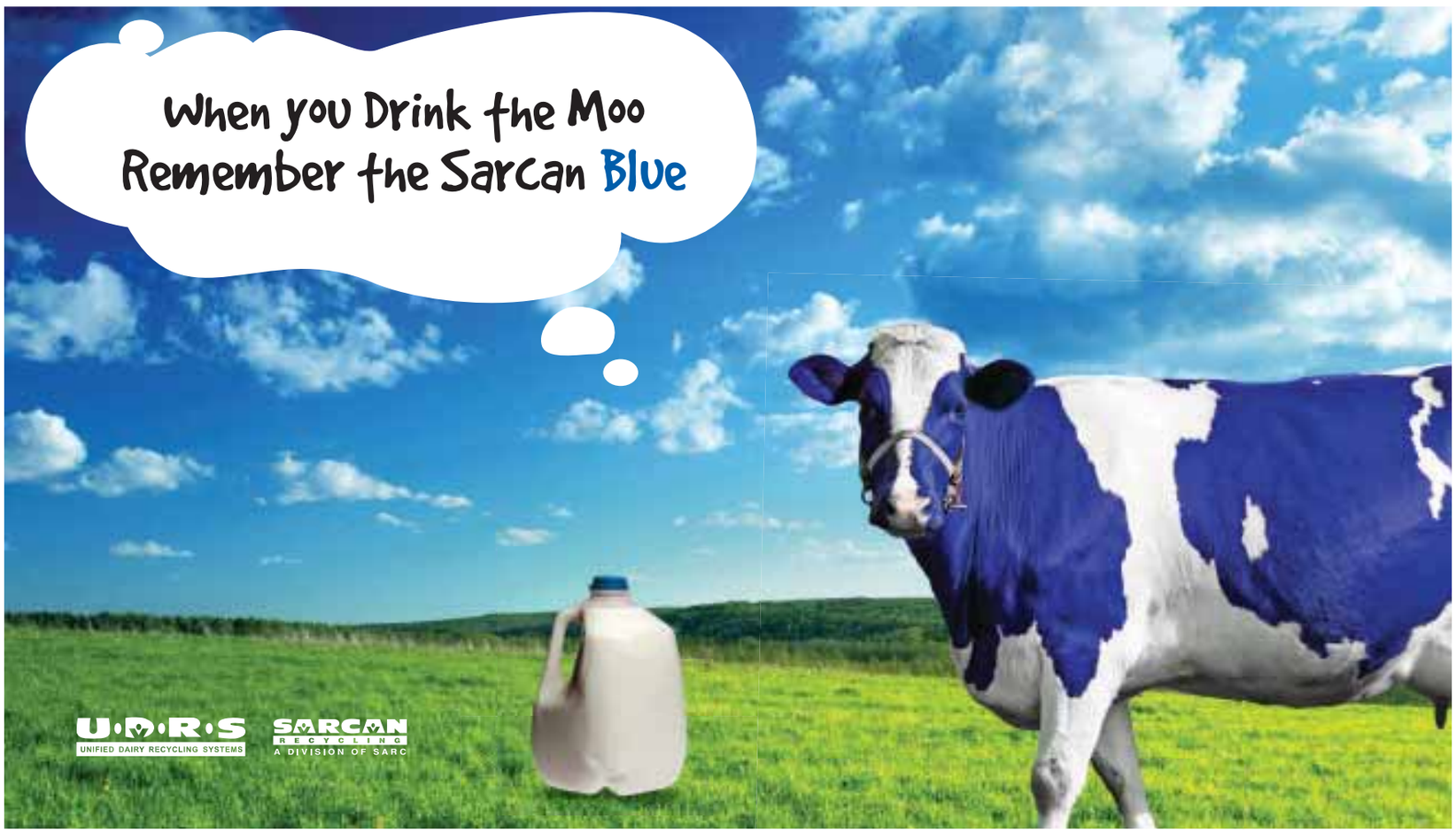
Series creator Rob Thomas has agreed to do the digital version, CW president Mark Pedowitz told a meeting of the Television Critics Association this week.

The decision to proceed with the spinoff was made Tuesday and details have yet to be worked out, including the cast and characters, the CW said.

Veronica Mars, which was cancelled in 2007 after three seasons, is enjoying a resurgence. A film based on the show about a crime-solving teen, played by Kristen Bell, was funded by the crowd-funding site Kickstarter. The movie is due out in March.

A debut date for the online spinoff was not announced.

THE ASSOCIATED PRESS



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Benedict's sex appeal a mystery to Sherlock producers

THE WORD
Dorothy Robinson
scene@metronews.ca

Are you surprised Benedict Cumberbatch is the hunk that Tumblr says he is? So are the producers of Sherlock, who hired him.

Sherlock showrunner Steven Moffat and producer Sue Vertue, who cast the thespian in the role, didn't believe he could be regarded as, well, sexy.

"When we first cast him, people were saying, 'You promised us a sexy one!'"

remembers Vertue as part of this week's Entertainment Weekly cover story. "People weren't thinking of Benedict in that light at all."

His name also didn't help. "When people said, 'Who's playing Sherlock Holmes?' and we'd say, 'Benedict Cumberbatch,' everyone looked very vague," recalls Vertue. "Then we'd always have to spell his name."

Everyone had their doubts before the first episode aired. "For me, it is a winter show," says Cumberbatch. "It's not something you watch when you've got the dying light on the hottest day. So I was a bit despondent," he recalls.

But after the debut — and when he saw how quickly social media latched onto the BBC drama — Cumberbatch realized his life was going to change forever. "The immediate response was exciting," he says. "My name: trending, trending, trending. I didn't even know what 'trending' was before that night."

"After the first episode," added Vertue, "we never had to spell his name."

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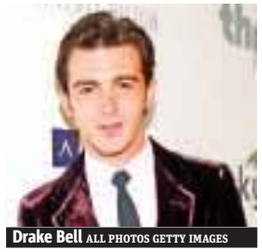


Drake Bell ALL PHOTOS GETTY IMAGES

Bell's anti-Justin tweets chime online as Beliebers battle back

Apparently Drake Bell didn't learn his lesson the last time he started taunting Justin Bieber online, as the former Disney star is at it again, taking to Twitter to blast Bieber after his house was raided and his pal, Lil Za, was arrested for drug possession. "How much are you paying Lil Za to take the coke (rap) for you? Be a man and take responsibility. Learn to be an adult," Bell tweeted. He also called Bieber "talentless," prompting Bieber's friends and fans to strike back in defense, finding Bell's alleged phone number and address and posting it online.

Michelle Obama

Nothing plastic about Michelle's women's lib message on her 50th

Michelle Obama turns 50 today, so People magazine asked her about plastic surgery. While the First Lady hasn't had any work done — and doesn't have plans for any — she's not taking the option off the table. "Women should have the freedom to do whatever they need to do to feel good about themselves," she says. "Right now, I don't imagine that I would go that route, but I've also learned to never say never."

Miranda Kerr and Orlando Bloom

Orlando and Miranda's Bloom-ing friendship is the perfect breakup story

And the award for friendliest breakup goes to ... Miranda Kerr and Orlando Bloom. The pair called it quits last year and share custody of three-year-old son Flynn, and they've been spotted out and about being chummy plenty since the separation was announced. They even hit up the same Golden Globes after-party together last weekend. "We're good friends despite being separated," Kerr tells People magazine. "And we want the best for each other."

Twitter

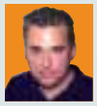
@ralphmaccio
My knee jerk — Paul Greengrass snubbed. Beautifully directed Captain Phillips. & No Tom Hanks — don't get me started. Congrats 2 nominees.

@TheEllenShow
The #Oscars theme is movie heroes! Glad they specified the "movie" part. First I thought it was about sandwiches. That'd also be a good one.

@mindykaling
"My movie's set in that strange 20 minute window of time when the moon and sun are both up at the same time, and everyone becomes murderers"

Liquid Assets

Grape stuff by candlelight



LIQUID ASSETS
Peter Rockwell
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facebook: therealwineguy

Hunkering down indoors with family, food and a few bottles of wine has become a winter tradition in Canada.

While power outages may put a damper on your culinary ambitions, you can still explore new grape varieties by candlelight.

Spain's eclectic collection of berries is mostly indigenous. Though some aren't that easy to warm up to, garnacha (or grenache as it's known in France) meets most palates in the middle.

With a ripe, rounded fruit expression and, depending on the age of the vines, a bright, naturally berry sweet flavour, Spanish garnacha is a true bridge between the old and new wine worlds.

I predicted its 2014 popularity in a column earlier this month, and if you need confirmation, fill your mouth with Bodegas San Alejandro's 2010 Las Rocas Garnacha ($14.99 - $19.90).

Made in the Calatayud region in the province of Zaragoza's southwestern corner, its soothing, black-fruited body cruises to a finish of dark spice, tannin and subtle oak. Try with seasonal dishes like stew and meaty chili — if you have electricity.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

This recipe makes 12 rolls. MATTHEW MEAD/ THE ASSOCIATED PRESS

Take fresh spring rolls in a fowl direction

Appetizer. Typically made with shrimp and vegetables, this version adds chicken

When paired with crunchy jicama, carrots and cucumber, the chicken shines as a spring roll filling.

Ingredients

Dipping sauce
- 1/4 cup each smooth natural peanut butter and apricot jam
- 2 tbsp each soy sauce and rice or cider vinegar
- Hot sauce, to taste

Spring rolls
- 2 oz dried bean or rice thread noodles
- 1/2 English cucumber, peeled and halved lengthwise
- 4-oz peeled jicama root
- 12 large rice-paper wrappers (8-inch round or larger)
- 1/2 cup shredded carrots
- 2 avocados, pitted and thinly sliced
- 1 lb cooked boneless, skinless chicken breast meat, pulled or cut into strips
- 12 large fresh mint leaves

1. Dipping sauce: In bowl stir together peanut butter, jam, soy sauce and vinegar. Season with hot sauce, then set aside.

2. Place noodles in bowl. Cover with hot water. Soak 5 minutes, or until softened. Drain in mesh strainer; set aside.

3. Use spoon to scrape out and discard the seeds from cucumber halves. Cut each piece into thin strips. Set aside. Cut jicama into thin slices, then cut each slice into thin matchsticks.

4. Fill bowl (at least several inches larger than the rice wrappers) with warm water. Soak 1 wrapper until just barely softened, 10 seconds. Carefully remove the rice wrapper from the water and lay flat on the counter. Place a small bundle of noodles along one edge of the wrapper. Top the noodles with a bit each of cucumber, jicama, carrots, avocado and chicken, then top with a mint leaf.

5. Roll the wrapper, starting with the filling side, folding the ends over the fillings as you roll to form a tight cylinder. Repeat with the remaining wrappers and fillings. Serve with the dipping sauce.

THE ASSOCIATED PRESS

FLASH FOOD

From your fridge to your table in 30 minutes or less

The taste of Thai on a whole wheat crust

Ingredients

Dressing
- 45 ml (3 tbsp) each light coconut milk and peanut butter
- 20 ml (4 tsp) hoisin sauce
- 10 ml (2 tsp) each low-sodium soy sauce, rice vinegar, sesame oil
- 5 ml (1 tsp) honey
- 5 ml (1 tsp) each crushed garlic, crushed ginger
- 7 ml (1 1/2 tsp) minced jalapeno peppers

Pizza
- 30-cm (12-inch) prebaked whole wheat, thin pizza crust
- 250 ml (1 cup) grated part-skim mozzarella cheese (90 g/3 oz)
- 250 ml (1 cup) each sliced sugar snap peas and red peppers
- 175 ml (3/4 cup) diced raw shrimp or cooked chicken
- 45 ml (3 tbsp) chopped cashews

Garnish
- 75 ml (1/3 cup) diced green onions
- 50 ml (1/4 cup) cilantro

1. Dressing: In a small food processor, puree coconut milk, peanut butter, hoisin and soy sauces, vinegar, sesame oil, honey, garlic, ginger and jalapenos.

2. To assemble pizza: Drizzle three-quarters of the dressing over pizza crust. Set aside rest for garnish. Sprinkle mozzarella, snap peas, red peppers, shrimp and cashews overtop.

3. Bake in a 200 C (400 F) oven for 12 minutes or until crust is crisp. Pour remaining dressing over top. Garnish with green onions and cilantro.

This recipe serves 24. MATTHEW MEAD/ THE ASSOCIATED PRESS

THE CANADIAN PRESS/ THE BEST OF ROSE REISMAN: 20 YEARS OF HEALTHY RECIPES BY ROSE REISMAN (WHITECAP BOOKS).

Smith snares new deal

Receiver Taj Smith re-signed with the Roughriders on Thursday.
GETTY IMAGES FILE

CFL. Receiver re-signs with Riders after catching a team-high 78 passes in 2013

Taj Smith is staying put.

The lanky receiver re-signed with the Saskatchewan Roughriders on Thursday. Smith was scheduled to become a free agent on Feb. 15.

Smith, 30, is entering his third season with Saskatchewan. The six-foot-one, 198-pound receiver had a team-high 78 catches for 1,007 yards and seven TDs last year.

"Taj is a pretty big part of what we do, obviously," general manager Brendan Taman told reporters. "He was very committed to being here and (assistant GM Jeremy O'Day) did a lot of great work behind the scenes to get it done.

"One guy off the list and an important guy is a good thing."

Smith had 11 catches for 186 yards in Saskatchewan's two playoff wins before registering one reception for five yards in the Riders' 45-23 Grey Cup win over Hamilton. Smith has recorded 125 career catches for 1,697 yards and nine touchdowns in 31 regular-season games with Saskatchewan.

Taman still faces a busy offseason as Saskatchewan still has 16 potential free agents, including slotback Weston Dressler, running back Kory Sheets, kicker Chris Milo and punter Ricky Schmitt, who Taman said worked out for the NFL's Buffalo Bills on Thursday. Taman is hopeful he might re-sign one or two before the free-agent deadline.

"We're pretty aggressive to get something done before the 15th," Taman said. "But realistically one or two and that's probably what it's going to be."

Last month, the Riders signed rookie free-agent kicker Brett Cameron, the son of Hall of Fame punter Bob Cameron who attended Winnipeg's training camp last summer. The younger Cameron spent four seasons at the University of North Dakota (2009-12) before signing with the Bombers.

"He (Cameron) is a legit contender to come in and compete but Ricky will dictate a lot of that," Taman said. "Ricky would like to come back and we're working towards that and hopefully we can get that done before (Feb. 15) but we'll see.

"We've had on-and-off communication with (Milo's) agent, more so from our end. He's very driven to stay here if he can but business is business. I'm sure he'll have an offer to mull over once the 15th hits so we'll see where it goes."

THE CANADIAN PRESS

Quoted

"We can't really control any of that so we'll sit back and see what happens."

Riders GM Brendan Taman on Weston Dressler's desire to play in the NFL.

Looking south

Kory Sheets and Weston Dressler were key contributors to Saskatchewan's Grey Cup push in 2013 but both have garnered NFL interest since the end of the season. If they sign south of the border, the expectation is neither would be back with the Riders until September, at the earliest.

- Sheets finished second in CFL rushing with 1,598 yards.
- The five-foot-seven, 179-pound Dressler led the Riders with nine TD catches and was second in receptions (70) and yards (1,011).

Ducks proving their might atop standings

By the time the Anaheim Ducks finished with them late Wednesday night, Vancouver had a humiliating 9-1 loss and four players in the dressing room after they tried to start fights out of pure frustration.

It's an awfully tough time to face the NHL's best team, as the beleaguered Canucks will attest once they recover from the thrashing. The Ducks reign atop the league at 36-8-5 after winning 18 of their last 19 games, including eight straight, during one of the most dominant runs in league history.

It's even tougher to visit Honda Center, where Anaheim has gone 20-0-2 with 10 straight wins to match the NHL's longest season-opening home points streak in 34 years.

"We know we've got a good team," said Regina native and Anaheim captain Ryan Getzlaf. "But we also know we can't stop proving it."

Out in sunny Southern California, thousands of miles away from hockey's traditional spotlights, the Ducks have soared to the best start in their two-decade history — even better than in their Stanley Cup campaign in 2006-07. They've built a 13-point lead in the tough Pacific Division, and they even lead the defending champion Blackhawks by six points heading into their showdown in Chicago on Friday.

With four quality scoring lines led by Getzlaf and Corey Perry in front of a versatile defence and Jonas Hiller's standout goaltending, the dynamic Ducks have lost just once since Dec. 3.

"It's pretty amazing what we've done," said 43-year-old Teemu Selanne, who scored two goals against the Canucks. "Everything we do is building the confidence we're going to need down the road."

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Ryan Getzlaf THE ASSOCIATED PRESS

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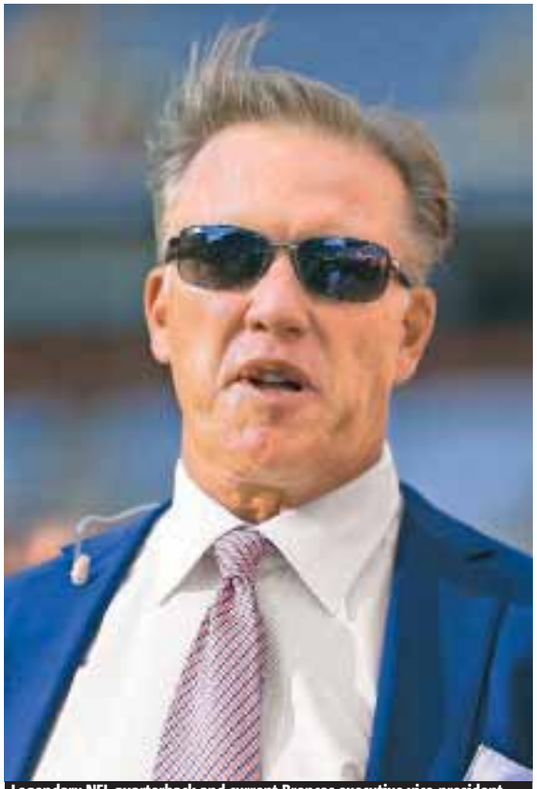


Legendary NFL quarterback and current Broncos executive vice-president John Elway expects to see Peyton Manning in the NFL next year.
DOUG PENSINGER/GETTY IMAGES

Elway on Manning retirement: QB still young, playing well

NFL playoffs. Broncos legend says he'll meet with star after playoffs to discuss his future

John Elway doesn't see Peyton Manning riding off into that orange Rocky Mountain sunset the way Elway did 15 years ago if the Denver Broncos quarterback caps his record-setting season with a second Super Bowl ring.

Elway's body was breaking down, having been sacked 516 times — 244 more than Manning has been in about the same number of games.

"I still think he's young and he's playing well," Elway, now the Broncos' executive vice-president, said Thursday of his quarterback, who's coming off his best statistical season just two years removed from neck problems that weakened his throwing arm. "That's going to come down to Peyton. It's going to come down to what he wants to do."

Manning has given no indication that he's anywhere near calling it quits at age 37, although he has dropped phrases lately like "light at the end of the tunnel" when talking about his career.

Elway takes that to mean Manning knows that whenever he does walk away, these are the days he'll look back on.

Manning is preparing to lead the Broncos (14-3) against Tom Brady and the New England Patriots (13-4) Sunday in the AFC championship.

Elway said he'll meet with Manning after the season to talk about his future. But the four-time MVP, who will likely have No. 5 soon, certainly doesn't seem to be wringing the last Sundays out of his battered body like Elway was doing back in 1998. After all, Manning has thrown for 97 touchdowns in his two seasons in Denver, including an NFL-record 55 this season.

"When you leave this game, you want to leave it on your last leg and try not to leave anything on the table ... " said Elway.

THE ASSOCIATED PRESS

NFL royalty

> **"There is a fraternity and there is a closeness among quarterbacks."**
>
> **Former Broncos quarterback John Elway** on his relationship with Peyton Manning

NFL playoffs

The curse of McDaniels

For a brief time, Josh McDaniels was a celebrity in Denver and he played the part with gusto — running to the corner of the stadium after his first signature win and pumping his fists at the crowd to celebrate.

The fun ended almost as quickly as it began.

And less than five years after that big win over New England vaulted the Broncos to an unexpected 5-0 record, the name "Josh McDaniels" stirs up far more angst and anger in Denver than those of the men he beat that day, Bill Belichick and Tom Brady.

"I ain't got nothing to say about him," says Broncos defensive lineman Robert Ayers, a first-round draft pick during the two-year McDaniels era that fans would love to forget.

The man who alienated fans and left the franchise holding the bag on the Tim Tebow experiment returns Sunday to try to deliver another dagger to Denver.

Continental Cup

Muirhead ups the ante vs. Canada's best in Vegas

The World squad is off to an impressive start at the Continental Cup curling tournament, taking a 2-1 lead over North America after Thursday's opening draw.

Reigning world champion Eve Muirhead of Scotland opened with a 12-2 rout of Winnipeg's Jennifer Jones in a battle of teams bound for the 2014 Winter Olympics in Sochi.

Eve Muirhead
GETTY IMAGES FILE

Muirhead stole three in the fourth end and two more in fifth to earn the full point in the team standings.

"It was a great start, we played really well and the ice conditions are fantastic," Muirhead said. "We had a really solid game out there and to get the first points on the board for Team World was good."

THE CANADIAN PRESS

Freestyle skiing. Del Bosco's Sochi status still up in the air despite win

Chris Del Bosco entered this week's World Cup skicross competitions in France knowing that a podium appearance would probably lock up a spot on the Canadian team for the Winter Olympics.

He won gold Thursday in a weather-hampered event at Val Thorens, but he likely needs to do more to book his ticket to Sochi.

The race was halted due to high winds and Del Bosco was given the victory based on his qualification results and win in his first heat. However, he'll need to return to the podium Friday to really strengthen his chances for inclusion on the Sochi roster.

"I definitely felt like I could have kept going; it was kind of frustrating because you want to win by winning the final but it was out of my control," Del Bosco said in a release. "There's not really any more I could have done.

"It was getting down to crunch time and I knew what I needed to do. I needed to podium. Sochi qualification is kind of a grey area. I don't really know how that works — I'm going to just regroup here and get ready to give 'er again tomorrow."

Canadian Chris Del Bosco
THE CANADIAN PRESS FILE

The second of back-to-back World Cup events will be held Friday at the same venue. The Olympic qualification window for skicross closes Sunday, so it will be the last chance for Canadians to qualify for nomination.

Dave Duncan of London, was seventh. He slipped to second in the men's overall standings, falling behind Andreas Matt of Austria.

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	46	29	15	2	132	102	60
Tampa Bay	47	28	15	4	136	113	60
Montreal	47	26	16	5	118	111	57
Toronto	49	24	20	5	136	149	53
Detroit	46	20	16	10	118	127	50
Ottawa	47	21	18	8	134	146	50
Florida	46	18	21	7	109	141	43
Buffalo	46	13	27	6	83	129	32

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	48	34	12	2	156	115	70
Philadelphia	47	24	19	4	125	132	52
Washington	47	22	17	8	140	141	52
N.Y. Rangers	48	24	21	3	119	126	51
New Jersey	48	20	18	10	112	118	50
Columbus	46	22	20	4	129	131	48
Carolina	46	19	18	9	111	130	47
N.Y. Islanders	48	18	23	7	132	156	43

Thursday's results
Nashville at Philadelphia
Detroit at N.Y. Rangers
San Jose at Florida
N.Y. Islanders at Tampa Bay
Montreal at Ottawa
Edmonton at Minnesota
Los Angeles at St. Louis
Boston at Dallas
New Jersey at Colorado
Winnipeg at Calgary
Vancouver at Phoenix
Wednesday's results
Anaheim 9 Vancouver 1
Pittsburgh 4 Washington 3
Toronto 4 Buffalo 3 (SO)
Friday's games — All Times Eastern
Washington at Columbus, 7 p.m.
Anaheim at Chicago, 8 p.m.
Saturday's games
San Jose at Tampa Bay, 2 p.m.
N.Y. Rangers at Ottawa, 2 p.m.
Edmonton at Winnipeg, 2 p.m.
Los Angeles at Detroit, 7 p.m.
Columbus at Buffalo, 7 p.m.
Florida at Carolina, 7 p.m.
Montreal at Toronto, 7 p.m.
N.Y. Islanders at Philadelphia, 7 p.m.
New Jersey at Phoenix, 8 p.m.
Anaheim at St. Louis, 8 p.m.
Colorado at Nashville, 8 p.m.
Dallas at Minnesota, 9 p.m.
Calgary at Vancouver, 10 p.m.
Sunday's games
Boston at Chicago, 12:30 p.m.
Tampa Bay at Carolina, 5 p.m.
Washington at N.Y. Rangers, 7:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	49	30	8	11	177	135	71
St. Louis	45	32	8	5	163	100	69
Colorado	46	29	12	5	135	117	63
Minnesota	49	25	19	5	118	122	55
Dallas	46	21	18	7	132	141	49
Nashville	48	20	21	7	113	143	47
Winnipeg	48	20	23	5	133	146	45

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	49	36	8	5	170	120	77
San Jose	47	29	12	6	150	117	64
Los Angeles	47	28	14	5	120	96	61
Vancouver	48	24	15	9	124	124	57
Phoenix	46	21	16	9	135	143	51
Calgary	47	16	25	6	105	148	38
Edmonton	49	15	29	5	128	174	35

Note: Two points for a win, one point for an overtime/shootout loss (OL column).

SCORING LEADERS

	G	A	Pt
Crosby, Pgh	25	43	68
Kane, Chi	23	33	56
Tavares, NYI	21	35	56
Getzlaf, Ana	23	32	55
Perry, Ana	27	26	53
Thornton, SJ	5	45	50
Sharp, Chi	25	24	49
Kunitz, Pgh	24	25	49
Ovechkin, Wash	34	14	48
Backstrom, Wash	11	37	48
Toews, Chi	17	30	47

Not including last night's games

NFL PLAYOFFS

CONFERENCE CHAMPIONSHIPS

Sunday's games — All Times Eastern
AFC — New England at Denver, 3 p.m.
NFC — San Francisco at Seattle, 6:30 p.m.

SUPER BOWL XLVIII

Sunday, Feb. 2 — At East Rutherford, N.J.
AFC vs. NFC champions, 6:30 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	30	7	.811	—
d-Miami	27	11	.711	3½
d-Toronto	19	18	.514	11
Atlanta	20	19	.513	11
Washington	18	19	.486	12
Chicago	18	19	.486	12
Detroit	16	22	.421	14½
Brooklyn	16	22	.421	14½
Charlotte	16	24	.400	15½
New York	15	23	.395	15½
Cleveland	14	25	.359	17
Boston	14	26	.350	17½
Philadelphia	13	25	.342	17½
Orlando	10	29	.256	21
Milwaukee	7	31	.184	23½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	31	8	.795	—
d-Portland	29	9	.763	1½
Oklahoma City	28	10	.737	2½
d-L.A. Clippers	27	13	.675	4½
Houston	26	14	.650	5½
Golden State	25	15	.625	6½
Phoenix	22	16	.579	8½
Dallas	23	17	.575	8½
Denver	20	18	.526	10½
Memphis	19	19	.500	11½
Minnesota	18	20	.474	12½
New Orleans	15	23	.395	15½
Sacramento	14	23	.378	16
L.A. Lakers	14	25	.359	17
Utah	13	27	.325	18½

Thursday's results
New York at Indiana
Oklahoma City at Houston
At London, England
Brooklyn 127 Atlanta 110
Wednesday's late results
Boston 88 Toronto 83
Chicago 126 Orlando 125 (3OT)
Portland 108 Cleveland 96
Friday's games — All Times Eastern
L.A. Clippers at New York, 7 p.m.
Minnesota at Toronto, 7 p.m.
Miami at Philadelphia, 7 p.m.
Chicago at Washington, 7 p.m.
Charlotte at Orlando, 7 p.m.
L.A. Lakers at Boston, 7:30 p.m.
Utah at Detroit, 7:30 p.m.
Sacramento at Memphis, 8 p.m.
Portland at San Antonio, 8:30 p.m.
Cleveland at Denver, 9 p.m.
Dallas at Phoenix, 9 p.m.
Golden State at Oklahoma City, 9:30 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Your mind will be moving fast over the next few days as you look to make your ideas pay. But don't make any decisions until after the Sun changes signs on the 20th. Only then will the way forward be clear.

♉ Taurus
April 21 - May 21
Something will happen today that annoys you. But when you think about it, you will realize that it makes no difference to your plans. Carry on with what you were going to do.

♊ Gemini
May 22 - June 21
Don't listen to those who say you are too far out with your ideas for your own good. They may think you are crazy but it all makes perfect sense to you, and that's what matters.

♋ Cancer
June 22 - July 23
You should make yourself known to important people over the next 24 hours. People in positions of authority will be open to your ideas and before you know it, you could find yourself promoted.

♌ Leo
July 24 - Aug. 23
Today's Mercury-Uranus link will help you to see things way ahead of everyone else. However, other aspects warn that what you see over the weekend may be misleading, so don't get carried away.

♍ Virgo
Aug. 24 - Sept. 23
According to the planets, you are too close to a project and need to step back a bit if you are to get a realistic view of how you are doing — and what you need to do next.

♎ Libra
Sept. 24 - Oct. 23
You don't have to make an issue of every challenge. You will progress quicker if you ignore whatever does not take you closer to your goals.

♏ Scorpio
Oct. 24 - Nov. 22
Try not to make decisions for loved ones because, no matter how well intentioned, they are sure to resent it. Let them learn from their own mistakes and be there to help them up off the floor if they need it.

♐ Sagittarius
Nov. 23 - Dec. 21
Someone you meet today will open your eyes to new possibilities. But that does not mean you should drop what you are doing and head off in a new direction. Wait for the Sun to change signs on Monday before making decisions.

♑ Capricorn
Dec. 22 - Jan. 20
The planets warn you could easily be fooled by someone who knows how to play on your insecurities. Don't fall for their lies. If you do, you will have only yourself to blame.

♒ Aquarius
Jan. 21 - Feb. 19
The best way to help yourself today is to help others. With mind planet Mercury linked nicely to your ruler Uranus, you have a knack for knowing what those around you need.

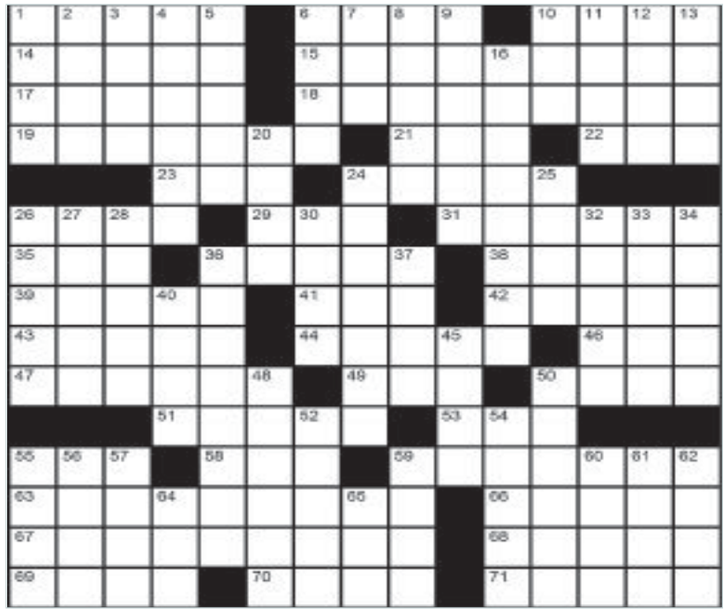
♓ Pisces
Feb. 20 - March 20
Sometimes things go wrong for a reason and sometimes for no reason at all. What goes wrong today will most likely fall in the latter category but it's really no big deal. Come Monday you will have forgotten all about it.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

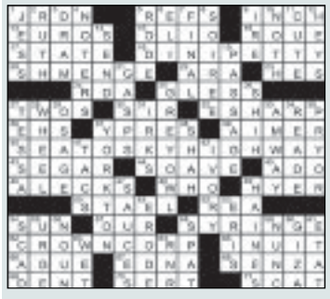
BY KELLY ANN BUCHANAN



Across
1. __ Harbour, NWT
6. 'Different' suffix
10. __ Spumante wine
14. Mr. Blake of ragtime piano
15. Canadian actor, b.1916 - d.2006: 2 wds.
17. Vertical
18. Procedure
19. Its practitioners adapt their movements to the environment to overcome physical obstacles
21. Old French coin
22. Roxy Music's Brian
23. Nav. rank
24. Craft-making fabrics
26. Kill
29. Genetic stuff
31. Agile
35. Poetry contraction
36. __-totsy
38. Hex
39. Cartoon style
41. Cable network Showtime's website, __.com
42. Quartz variety
43. "That's __ nonsense." ...said the cow about something ridiculous
44. Nicknamed "Happy Days" character: 2 wds.
46. Grassy roll
47. Mick Jagger's first wife
49. Paddle
50. Naja Hajes
51. Donald Sutherland flick, "Max __ Returns" (1983)
53. Mil. rank
55. Superstar
58. Roman Myth: Household deity
59. That catchy tune you just can't get out of your head
63. "__ of Miracles" (1961) starring #15-Across
66. Google alternative
67. Ex-Atlanta hockey players
68. Colgate competitor
69. Inner light
70. "The Dame __ Experience"
71. Iceland's stories

Down
1. Permeate
2. Radiant light
3. "Ten-four." sayer
4. "ET Canada" host Cheryl
5. Place atop: 2 wds.
6. Dr. Frankenstein's pal
7. Matterhorn, for one
8. Queen of Burlesque, Dita Von __
9. Sign up
10. Morn's follower
11. Silk: French
12. 1982 Sci-Fi movie
13. "__ __ idea." (That's news to me)
16. Tragically Hip's "__ Disaster"
20. "'Till Death __ __ Part" (BBC comedy on which "All in the Family" was based)
24. "Cityline": __ Friday
25. Conceited
26. Baseball great Rusty
27. Toronto-born singer Ms. Ortega
28. Actress Ms. Valli
30. US crash-investigating agcy.
32. Music quintet, Canadian __
33. Bar, in law
34. Oboist's props
36. "The Legend of __" (2014)
37. Fitness sort
40. Repair
45. Medieval chest
48. Laurentians locale, Ste-__
50. NB's Premier, David __
52. Barked
54. Jonathan __, Juan Peron in "Evita" (1996)
55. Li'l living lairs
56. Salmon sort
57. Shoe shade
59. "Born Free" (1966) lioness
60. Uttered "That's nice dear."
61. Civil Rights leader Ms. Parks
62. Bons __ (Wittisms)
64. Mr. Penn
65. Archaeological find

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	3		6			8	1	
2				9		7		6
8				3				
	8	2			7		5	
				8				
	4		2			3	7	
				6				3
9		8		2				1
	5	3			4		8	

Yesterday's Sudoku

5	6	7	2	1	9	3	8	4
9	8	3	5	7	4	6	2	1
4	1	2	3	8	6	7	9	5
3	5	8	9	6	7	4	1	2
1	7	9	4	2	5	8	6	3
6	2	4	8	3	1	5	7	9
2	3	6	1	4	8	9	5	7
8	9	1	7	5	3	2	4	6
7	4	5	6	9	2	1	3	8

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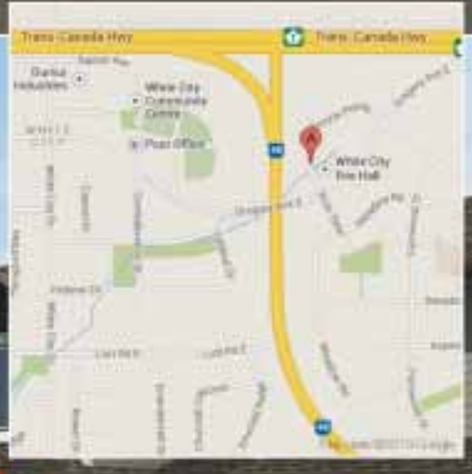

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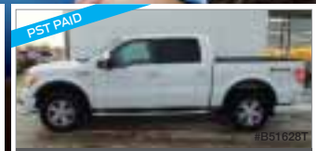

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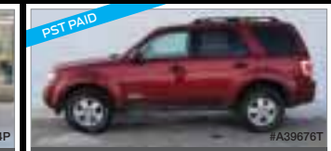

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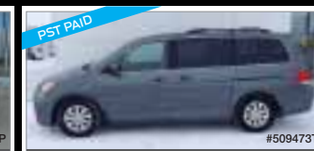

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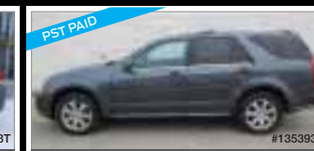
2008 HONDA ODYSSEY EX-L
$18,589* / $154*

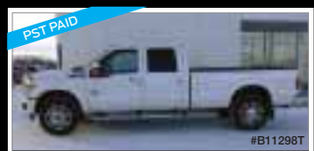


PST PAID

#135393T

V6, AUTO, HTD LEATHER, 17" ALLOYS, REV SENSING, PREMIUM SOUND, ONLY 86,000 KMS

2007 CADILLAC SRX AWD
$18,875* / $183*



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#B11298T

6.7L DIESEL, NAV, MOONROOF, REMOTE START, HEATED & A/C LEATHER, UNDER 20,000 KMS

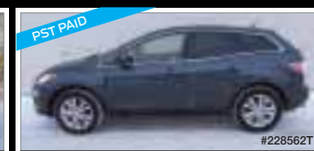
2013 FORD F-350 PLATINUM
$61,983* / $389*

PST PAID

#A59424T

HTD LEATHER, MOONROOF, 7 PASSENGER, AWD, REV SENSING,1 OWNER, ONLY 128,000 KMS

2006 FORD EXPEDITION LTD
$17,789* / $173*



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#228562T

AWD, TURBO 4CYL, HTD LEATHER, POWER EQUIP, UPGRADED SOUND, 18" ALLOYS, LOCAL TRADE

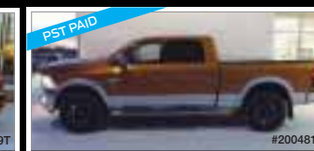
2009 MAZDA CX-7 GT
$18,995* / $157*

PST PAID

#533179T

SPORTLINE PKG, HTD LEATHER, NAV, MOONROOF, BLUETOOTH, 2.0L TURBO, ONLY 29,000 KMS

2009 VOLKSWAGEN PASSAT CC
$19,782* / $166*



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#200481T

LARAMIE, HTD LEATHER, MOONROOF, RUNNING BOARDS, PARK ASSIST, REMOTE START, CREW CAB

2012 DODGE RAM 2500
$55,912* / $393*

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